

Brain Smart Guide for Virtual Meetings

It's easy to forget about self-care when attending all-day virtual meetings. Refer to this checklist before you start your day.

- ❑ Have I eaten a high-protein breakfast?
- ❑ Do I have quick protein snacks available?
- ❑ Do I know what I'm eating for lunch?
- ❑ Do I have my water bottle filled?



Ideas For Quick Breakfasts

Goals: 14–20g Protein + some carbohydrate + fiber (veggie, fruit, grain) + small amount of fat

High-protein Greek yogurt (Fage, Chobani) + fruit	2 Hard-boiled or scrambled eggs + sliced veggies	Plain instant oatmeal pack with 2 Tbsp. nut butter + fruit
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Ideas For Snacks

Goal: 6–8g Protein, between meals

Handful of nuts	Banana, apple, or celery + 2 Tbsp. nut butter
½ cup cottage cheese + veggie sticks	½ high-protein bar (Clif Builders bar, Zing, Stinger, Rise, or high protein Kind bars)

Ideas For Lunch

Goals: 20g protein + some carbohydrate + fiber (veggie, fruit, grain) + small amount of fat

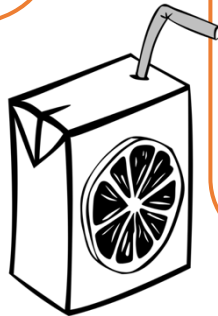
3 oz. pack of cards-sized portion of meat on a salad, burrito, wrap sandwich, or over rice or pasta	3 bean or lentil salad + quinoa + veggies (tomatoes, peppers, green onion) + 1 Tbsp. olive oil	Takeout such as Indian food with meat, chickpeas or lentils; Thai food with meat or tofu; Mexican food with meat or beans
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To understand why it's important to fuel your brain with protein, see <https://youtu.be/3ogals4gg8w>

For ideas for affordable high-protein meals, see <https://youtu.be/oIY9seKiSmY>



In a pinch? Always have a protein bar on hand for a snack or meal



If you are feeling anxious, irritated, or it's just been over 4 hours since you last ate...

Have a "Lizard Brain" treat™ of ¼ cup of fruit juice or "tot box" of juice and ¼ cup of nuts

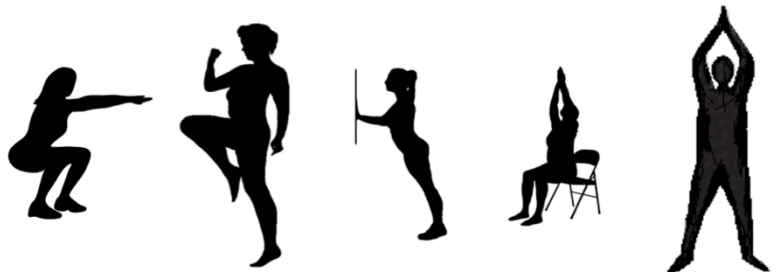
Suffering from digital eye strain?

See video for visual instruction. <https://youtu.be/jEmZUX22eko>



- Cover your eyes with your palms. There should be no light coming through. Keep your eyes covered until you no longer see bursts of light (17:20).
- Increase oxygen to your brain by deep breathing. Inhale for 3 seconds, hold for 3 seconds, exhale for 3 seconds, and hold for 3 seconds; repeat (28:30).
- Neck figure 8's (38:00).

Increase energy and mental clarity with these simple movements



Choose one movement and repeat 4 times

- ❑ **Chair squats** – have a chair behind you and sit down as though you are going to take a seat. Just as the chair touches you, stand back up.
- ❑ **March in place** – with your knees coming up as high as it is comfortable.
- ❑ **Wall push-ups** – place your hands on a wall with your feet about arms-length away from wall; bend arms until your nose is near the wall or you think is close enough; push back out to an upright position.
- ❑ **Overhead hand clap** – either sitting or standing, raise both arms in the air and bring your hands together comfortably over your head. Clap your hands together if that sounds like fun.

